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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

33RD YEAR

November 8, 1976

NO. 45



## In This Issue:

- 1 - Nutrition: For the Elderly
- 2 - Chart: Cost of Food at Home  
(September '76)
- 3 - Food: "Eating Out" Choices
- 4 - Photos: Bicentennial Days

It is not safe to freeze uncooked, stuffed, poultry according to U.S. Department of Agriculture home economists. You should not stuff cooked poultry either. Freeze separately.

\* \*

Iodized salt and seafoods are reliable sources of iodine. Regular use of iodized salt is the most practical way to assure that there is enough iodine in your diet.

\* \*

Butterfly pork chops are boneless double chops, split most of the way through the center and opened to form a butterfly shape.

\* \*

A pork cushion is a square, flat piece made by removing the bones from the shoulder. This provides a pocket for stuffing.

\* \*

Fruit pickles are usually prepared from whole fruits and simmered in a spicy-sour sirup. They should be bright in color and tender and firm.

## NUTRITION PROGRAMS

### ...FOR THE ELDERLY

Two hundred years ago when this nation was founded, the life expectancy was 32 years. Today, it is projected to be 71 years. But, in many cases, these older Americans do not know how to cope with their nutritional needs, nor do they know how to cook for one, or possibly two persons. Often they do not adjust to the situation of living alone -- without help.

A recent survey prepared by Dr. Evelyn B. Spindler, Extension Service nutritionist at the U.S. Department of Agriculture, found that all 50 states and Puerto Rico were involved with nutritional programs for the elderly.

County home economists or aides teach nutrition to the elderly at Senior Citizen Centers in all 50 States. More than half of the states indicated that they had developed special materials to use with the elderly. Forty-nine percent of the states indicated that they worked with volunteer organizations or with older people. Sixteen states received funding to provide information for the elderly. Several states also provide training for cooks and managers who provide meals for the elderly.

## COST OF FOOD AT HOME FOR A WEEK (SEPTEMBER 1976)

	<u>Thrifty plan</u>	<u>Low-cost plan</u>	<u>Moderate- cost plan</u>	<u>Liberal plan</u>
FAMILIES				
Young couple.....	\$22.30	\$29.30	\$36.70	\$44.20
Elderly couple.....	20.00	26.00	32.20	38.60
Family of 4 with preschool children.....	31.70	41.10	51.40	61.70
Family of 4 with elementary school children.....	38.10	49.70	62.40	75.00
INDIVIDUALS*				
Women				
20-54 years.....	9.10	11.90	14.80	17.80
55 years and over.....	8.30	10.70	13.20	15.70
Men				
20-54 years.....	11.20	14.70	18.60	22.40
55 years and over.....	9.90	12.90	16.10	19.40
Children				
1-2 years.....	5.20	6.60	8.20	9.70
3-5 years.....	6.20	7.90	9.80	11.80
6-8 years.....	7.90	10.30	12.90	15.50
9-11 years.....	9.90	12.80	16.10	19.30
Girls 12-19 years.....	9.50	12.20	15.10	18.10
Boys 12-14 years.....	10.60	13.60	17.10	20.50
15-19 years.....	11.70	15.10	18.90	22.80

\* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: Single copies of papers describing USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Maryland 20782.



## A CHOICE OF PORTIONS ———

### EAT LESS FOOD, PAY LESS MONEY

How'd you like to be able to order a small -- or a large -- portion of food for your "dinner out?" Instead of an over-whelming piece of meat of maybe 9 or 11 ounces -- you could order a 7 ounce piece instead? Eat less, pay less for your restaurant meal.



Eating habits of the American consumer have changed drastically in the last decade. One out of every three meals is eaten away from home, according to figures from the U.S. Department of Agriculture's Economic Research Service. Consumers often claim that restaurants serve too large a portion for the average eater. So....some restaurants, nationwide, are offering patrons a choice of portions -- with a choice of prices.

Reduced prices, reduced portions on several entrees is being tested in several major restaurants, including one international hotel chain. Reduced prices, reduced portions for senior citizens also is being tested in northern Florida. One restaurant in Washington, D.C. is conducting a survey on diners and found that 30 percent of the diners selected the reduced portions.



Portion size meals may be the "in" way to order. This choice of portion size fits in with what many consumers say they want today. This plan offers an opportunity to eliminate waste, reduce prices, and increase business for restaurants because the consumer can afford to eat out more often because of reduced prices. Consumers also like the fact that this allows them a freedom of choice, according to Nancy Steorts, special assistant to the Secretary of Agriculture.



Farm Woman canning fruit  
with old pressure cooker.  
Stephens County, Oklahoma  
1935

Photo # BN 39063

Adkins home demonstra-  
tion club at work in  
the community canning  
center.

Pope County, Arkansas  
1935



Photo # BN 39059

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FOOD and HOME Notes, a weekly newsletter directed to mass media outlets,  
is published by the U.S. Department of Agriculture's Office of Communi-  
cation, Washington, D.C. 20250 -- Editor: Shirley Wagener.....  
Phone: 202-447-5898